

## ABSTRACT OF THE DISCLOSURE

An ergonomic cushion apparatus includes an upper body cushion portion which includes a neck-cushion-reception channel and first upper cushion attachment straps. A flexible hinge is connected to the upper body cushion portion. A lower body cushion portion is connected to the flexible hinge. The lower body cushion portion includes first lower cushion attachment straps and includes attachment means for a lumbar cushion and a lumbar cushion attached thereto. Also, second upper cushion attachment straps are connected to the upper body cushion portion, and second lower cushion attachment straps are connected to the lower body cushion portion. A neck cushion is received in the neck-cushion-reception channel. A recliner chair frame assembly is provided for supporting the ergonomic cushion apparatus. The upper body cushion portion includes a pair of inwardly directed concave arm-reception regions located along opposite edges of the upper body cushion portion.